## JOE MOT **Edited by DOUBLE AWARD WINNING** KM DAWSON

# Take Tho o double



## LADS' CHART JOY

TAKE That are set for double victory this

TAKE That are set for double victory this weekend - topping the album and singles chart. I've had a peek at early sales figures which show the manband sold almost 48,000 copies of Beautiful World after just one day in the shows.

of Beautiful World after just one day in the shops.
And their single Patience is flogging more than double the amount of Akon's Smack That to retain its top spot.

Oasis are just over 400 copies behind Take That in the album battle, with II Divo's new release Siempre chasing their tail.

It's a well-deserved result for Mark Owen, 34, Jason Orange,

The Fratellis

**Gibson Guitar Studios, London** 

THESE guys have the perfect faces for radio. There's Stig Of The Dump on drums, your overveight uncle on bass and a curly singer who looks naked without Orville the Duck up his arm. Fortunately, The Fratellis are all about the music. Striped of studio trickery, songs from album Costello Music revealed its true punk/folk roots. Baby Fratelli harked back to early Green Day while Ole Black 'N' Blue Eyes is surely the greatest Kinks song that never was. But a raucous Everybody Knows You Cried Last Night will live longest in the memory.

JAMES CABOOTER

Hear the gig on Virgin Radio's Most Wanted with Ben Jones tomorrow from 7pm.

## **EXCLUSIVE**

36, Gary Barlow, 35, and Howard Donald, 38.

Donald, 38.
When I met them at the launch of Beautiful World, Jason said: "It's not the end of the world to be No 1 or not but it would be nice."
Jason also revealed he's hoping Ricky Gervals, 45, will attend their ITV1 Audience With... show this Saturday.

#### Hits

He said: "I sent him a note saying how much of a fan of his I am and we'd love him to come down.
"I'd also be great if we got a cameo in one of his shows.
"We haven't been told which celebs have agreed to be in the audience but we've each picked people we admire, so if they can all make it then we're in for a great night."

One person who can't be there to see the band perform is ex-bandmate Robie Williams, 32.
Mark said: "I'd have loved it if Rob came but he can't as he's in Australia.
"He sent me the biggest bouquet of flowers when my son Elwood was born, which was so nice of him.
"We talk all the time. He's not met Elwood yet but hopefully soon."

At the rate Take That's popularity is soaring, I expect Rob may be starting to rethink about joining them for a sing-song.

THE boys of Snow Patrol are planning solo albums just as their latest collection has been named the biggest seller of the year. Eyes Open has trumped Arctic Monkeys, selling 1.2 million and going four times platinum. The

album has been the record which broke Snow Patrol, big time, in America – as Hot predicted ahead of its release in May.

Frontman **Gary Lightbody**, 30, revealed he is heading into the studio to lay down an electro collection of his own.

The Irishman said: "Our guitarist Nathan "Our guitarist Nathan Connolly wants to make an album of his own and I'm going to do something on my own in January.
"But we'll always be together – just like at the end of Grease."
The hand are current.

The band are currently on a UK arena tour.

KASABIAN have been unveiled at the headliners for Xfm's sold-out ter Wonderland gig at London's ton Academy on December 9. sey join The Kooks, The Feeling, a Automatic, Boy Kill Boy and otain in raising cash for Shelter. se following night they play Leeds Student Union for a Nokia show, Govww.ticketrush.co.uk for briefs.

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SOAP babe Roxanne
McKee has been
struck down with a bug,
plunging show producers
into a Christmas pamic.
The gorgeous brunette,
24, who plays salon boss
Louise Summers, has been
off work with the mystery
illness for more than
three weeks and has been
told by doctors to pull out
of filming.
The show's producers
have had to to rewrite key

MYSTERY BUG: Roxanne

HOLLYGAKS

storylines, including the child abuse trial of teacher Becca Dean, so that Roxanne does not appear. And the babe's photoshoots and interviews are also on hold. An insider said: "It's not certain how long she's going to be out but no-one minds, they're more concerned about Roxanne."



FURIOUS Kevin Wicks hits FURIOUS Kevin Wicks hits the roof when a Bad Girl from his past spoils his holiday. The car salesman is stunned when ex-wife Shirley arrives at his holiday home in Dorset where he has whisked his kids away for a break. Shirley (ex-Bad Girls star Linda Henry, 42) is determined to be a

EastEnders

part of her children's lives, even though she abandoned them

when they were babies.
Phil Daniels, 48, who plays
Kevin, said: "He's horrified when
she shows up and doesn't want
her around."

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# babe drops knickers



**DESIGNS ON DENIM: Sexy Carla** 

FANS have turned

Tom's killer club

aristocratic girlfriend Rosemary Sinclair. Fans have set up a web

## CORONATION ST

**EXCLUSIVE** was JOHN MAHONEY

CORRIE'S Underworld factory is dropping its knickers and returning to the glorious denim days of making jeans. New arrival Carla Connor decides saucy lingerie isn't the way to make a fortune.

fortune.

So she turns the clock back to when Mike Baldwin first rolled into Weatherfield.

#### Rocked

In 1976 jeans made the late Mike (Johnny Briggs, 71) an absolute mint when he was boss of Baldwin's Casuals.
But in 1988 the demand for denim fell off, so he started making curtains before moving on into women's undies.

Now the factory will be rocked when Carla (Alison King, 32) arrives with ideas to design and sell her own denim range.

She tells husband and factory boss Paul (Sean Gallagher, 40) there are orders to be had from swanky boutiques in fashionable areas of Cheshire where the WAGs live.

An insider said: "She makes a real impact, although the factory girls don't know what's hit them.

them.
"All they're used to is

"All they re used to is lacy lingerie, so they all think returning to denim is the way to disaster.

"But they eventually have to admit that Carla knows what she's doing."

john.mahoney@dailystar.co.uk

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**■ by JERRY LAWTON** 

## **LEGLESS driver Robert**

LEGLESS driver Robert
Bate led police on an
80mph chase while
using a broom handle
to push the pedals.
The drugged-up double
ampute strapped the stick
to his wrist with duct tape to
power his Vauxhall Astra
away from chasing officers.

away from chasing officers.
Steering with one hand and using the other to push the accelerator with the broom, he raced past an infants' school.
But Bate, 27, lost control of his battered automatic on a tight right-hand bend and flew off the road into a field.
When police arrived at the scene in Hetton-le-Hole, Tyne and Wear, they were stunned to find the driver had no legs and was high on heroin and cocaine.

#### Swerve

Yesterday Bate – who lost his legs in a railway accident while stealing coal when he was nine – was jalled for a year after admitting dangerous driving under the influence of drugs and not having a licence or insurance.

Melinda Blackburn, prosecuting, told Newcastle Crown Court police gave chase from



BROOM BROOM: Bate's wrecked 'pole-driven' Vauxhall Astra

the B1285 at Hawthorn, near Peterlee, Co Durham.
Bate – who had two passengers – stopped by the side of the road but sped off when police got out of their car to speak to him.
He almost lost control on a series of blind bends, and forced drivers to swerve out of the way. At Merton Infants School he crossed on the wrong side of the road on a blind bend to overtake a vehicle.
"As police got to the bend they could no longer see the Astra's tail lights," Mrs Blackburn said.
"Then the officers saw the car

ed 'pole-driven' Vauxhall Astra
in a field, having crashed
through a hedge and fence."
Nick Cartmell, defending, said
Bate had "suffered terribly"
since losing his legs as a boy.
An engine had shunted trucks
as he was aboard filling bags
with coal. He fell on the tracks
and the trucks severed his legs.
He said Bate, of Blackhall, Co
Durham, was sorry and desperate to make a new start in life.
Judge David Hodson banned
him from driving for two years
and told him: "It was a miracle
nobody was injured."



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Sex up my dull hubb CHEWIN'
THE FAT Back Page

THE TOXIC 'TREATS' LURKING

## What's your POISON

PARSNIPS
Toxic beware! - Contain natural toxins called furocoumarins, usually found in the peel.
What's the real risk? - The toxins can cause stomach aches and may also a painful skin reaction when combined with UV rays from sunlight.
Advice - Peel before cooking and remove any damaged parts. Levels of toxin drop after cooking. Throw away the cooking water, too.

#### POTATOES

POTATOES

Toxic beware! - Spuds contain natural toxins contain natural toxins called glycoalkaloids, usually at low levels. But higher levels can be found in the green parts, on sprouted potatoes and potatoes stored in light. And glycoalkaloids are not destroyed by cooking. What's the real risk? - Serious glycoalkaloid poisoning can, and has, caused death. But it's rare and the most you're likely to get is a bit of an upset stomach. Advice - Store spuds

Tobacco smoke contains minute traces of it. Some scientists even claim that radioactivity, not tar, is responsible for most cases of smoking-related lung cancer.

So from rhubarb crumble to Christmas cake, here's BARBARA DAVIDSON'S run-down of the foods that can be toxic.

in a dark, cool and dry place and don't eat any green or sprouting bits. Don't eat cooked potatoes that still taste bitter. If you come across a green crisp in your bag of Walkers, best to chuck it in the bin.

the age of the plant, the season, climate and type of soil it's in.

What's the real risk? — Oxalic what's the real risk? – Oxalic acid poisoning can cause mus-cle twitching, c r a m p s, decreased breath-

and coma.

Advice – The highest concentrations are in the leaves, so don't eat them.

FRUIT SEEDS
Toxic beware! - Apple and
pear seeds and the inner
stone of apricots and
peaches contain something called amygdalin
that can turn into hydrogen cyanide in the stomach causing discomfort,
illness and even death.
What's the real risk?
Swallowing the odd seed
or pip isn't a problem but,
for a young child, just a
few can cause illness and
in rare cases prove fatal.
Advice — Don't make a
habit of eating the seeds
from these fruits. Apricot
kernels are sold as health
foods but don't eat more
than one or two a day.

BEANS
Toxic beware!

Many types contain toxins called lectins, but the highest concentrations are trations a found in kidne

minutes. Don't cook beans at a low temperature half-cooked

beans can be more toxic than raw ones.

#### APPLES

Toxic beware! –
Mouldy or damaged apples can
contain a substance
called patulin, particular-



ly around the bruised or damaged part.
What's the real risk? – No danger to humans has been proven but patulin can cause cancer in rats.
Guidelines for fruit juice makers exist as a precaution.

Advice – Avoid moulty apples and don't use them to make

them to make sauce or juice.

cyanide are present in almonds, the main ingredient in marzipan. Food safety rules state that nougat and marzipan may contain only up to 50mg of cyanide per kg. What's the real risk?—Cyanide poisoning causes dizziness, confusion and convulsions followed by terminal coma, but the tiny amounts in marzipan mean you'd have to eat vast quantities to be at risk.

Advice—Try a mince pie.

## COURGETTES

Toxic beware! These m Toxic beware! — These minimarrows may contain natural toxins called cucurbitacins, which can produce a tell-tale bitter taste. What's the real risk?— What's the real risk?—

What's the real risk?—
Bitter courgettes can
cause vomiting, stomach cramps, diarrhoea
and collapse.
Advice – Don't eat any
courgettes that taste bitter or have a strong,
unpleasant smell.

found in kidney beans, especially red ones. What's the real risk?— As few as four or five raw beans can cause severe stomach aches, vomiting and diarrhoea. Advice— Soak the beans for at least 12 hours, then boil them vigorously in fresh water for at least 10 minutes. Don't cook beans minutes. Don't cook beans

### CHRISTMAS CAKE

Toxic beware! – Low els of poisonous levels



Stay healthy guide

NATURAL toxins are usually harmful only if eaten in large quantities over a long period of time. But follow these rules to ensure that you and your family stay fit and healthy...

Eat a wide variety of foods.

Throw away foods after the Use By date.

Store food properly.
Don't assume if something's "natural" it means it's safe.
Prepare and cook foods properly.
Throw away bruised, damaged or discoloured foods.
Throw away any foods that don't smell or taste fresh or have an unusually bitter taste.



STOMACH-TURNING: There are hidden poisons in your kitchen cupboard

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## **FOLLOW TIPS FROM**

**EVER** stared in the mirror and wished you could turn back

Some lucky sods seem to have all the luck when it comes to the

secret of eternal youth.

Take Teri Hatcher, far right, for one. You'd never guess such

one. You'd never guess such top totty was the same age as Courtney Love.

Thankfully, though, young looks aren't just down to good genes and there are plenty of ways to stay sexy as you put on the years.

Here NICKY HAMBLETON-

2 PSP GAMES

JONES – presenter of the transformation show 10 Years Younger - lets us in on her top anti-ageing secrets.



by BARBARA DAVIDSON and KATE JACKSON

SOME might say that Nicky Hambleton-Jones is a tad tough on her victims.

her victims.

The straight-talking host of 10 Years Younger isn't shy about giving her guinea pigs a real dressing-down at the start of their transformation.

But 33-year-old Nicky, who has a background in diet and beauty, has a softer side. "I have been known to shed a couple of tears," she says.

"Especially if the person has been through a really tough time.

"You really feel that you play a big part in changing their life."

The South African style

their life."

The South African style guru has seen some real shockers during the three series, but she insists she can knock those years off with the help of surgery, a new hairdo and some snappy dressing. "It boils down to a lack of confidence," she says.

"The people I see often feel older and don't feel right wearing younger clothes.

#### Natural

"Or there's the other extreme where they wear totally unsuitable clothes for their age."

Some of the transformation which Nicky administers is down to the surgeon's knife but she says you don't have to go for the nip/tuck to look younger.

"Plastic surgery is more prevalent these days, but the majority of people can't afford it or don't want to take the risk," she says.

"And most people at home won't be in such a state as the people on the show. They'll probably have more than three teeth, for one thing.
"Just changing your hair-style or updating yourwardrobe can make a big difference to how you look.""Too much surgery makes."

wardrope can make a big difference to how you look. "Too much surgery makes you look older. "The idea is to look as natural as possible. Getting the fake look will age you."

## Nicky on...



ANNE **ROBINSON** 62 years old

"She's had surgery bu she looks great on it."



**DAVINA McCALL** 39 years old

"Again, she used to look more frumpy but now she looks great."



## 10 WAYS TO

GET a flattering haircut. Don't go for a really short crop or long hair below the shoulders and avoid blunt cuts. Ideally, girls should keep hair just below the chin. Fellas, if you start losing your locks think about shaving 'em off.

GET your teeth lightened. Your gnashers can yellow over time thanks to coffee, tea and red wine stains. There are many methods available, with different levels of effectiveness, from pastes and gels applied at home to dental treatments including laser whitening and peroxide bleaching.

SPEND money on your eyes, where you often spot the first signs of ageing. The skin there is

thin and prone to ear a dab of the right disguise or prevent of fine lines.

ANTIOXIDANTS more pure the property of the lines.

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FOR 53



OR AS PRICED

## SEE IN-STORE FOR DETAILS



## KINDER TO







SAME AGE, DIFFERENT FACE: These celebrities were born in 1968, but From left... Sadie Frost, Catherine Tate, Patsy Kensit, Gillian Anderson a

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PETER MADDIX, hotel worker, 45. When I first started playing online I was relieved to discover I was playing against REAL people and not the computer. It's the real deal. I'm not an experience player but I found it easy to use the site and got a real buzz from competing with other readers in the last tournament 88 put on with the Daily Star. Entry is always free so you have no risk with these competitions and the prizes are always excellent.







# SAUD RIFAT, video manager, 28. It was the poker movie "Rounders" that made me join 888.com and I'm glad I did. I love inter-active entertainment and learning Texas Hold'em is a ten minute doddle if you use the free poker school. I've only been playing a few months and I'm confident enough to play cash games with experienced players now. Free tournaments are another great way to improve your game at no cost.



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be automatically ente DRAW to win a top of PLASMA SCREEN TV The winner of the tou whisked off to the Ca the Bahamas (all trave

# GILES COREY, motorcycle engineer, 48. I used to play poker socially but I've really enjoyed the simple, switch to online play, I can play 24/7 and I can get many more games per evening without going out in the rain, 888.com have a great helpline so you never have to worry if there's something you don't understand. You can just ask. I played in the last Daily Star competition and it was really exciting getting down to the last



NEIL SWEETING, restaurant worker, 35. I've been a social poker player for a while now and I chose 888.com for my online poker because they're the biggest in the world and that makes me feel safe parting with my details. Their reputation is good because I checked them out and I've never had a problem with pay outs or with their software which is extremely user friendly. They make the whole experience rewarding and entertaining.







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PEREZ, ALISON PEREZ, assistant translator, 26. I would never ever go to a casino but I feel very safe playing online poker from home. Big sites like 888.com are audited regularly so you know your details are protected. When I was starting out I found their free poker school was so simple to access. Within a very short time I knew exactily how to play Texas time I knew exactly how to play Texas Hold'em and it's a real emotional rollercoaster. I love it.



DENISE EDGES, cook, 42. I've only just finished using the free poker school and I must say my first few games on the free "play money" option have been really entertaining. I'm too busy during the day to socialise so it's nice to be able to use the simple chat-boxes while you're playing with people from all over the world. I'm moving un to cash games soon and I'm. moving up to cash games soon and I'm certainly entering the Caribbean Adventure Tournament. It's in my price range: FREE!



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paid) with a FREE seat at the World Poker Tour (valued at over £4,000). The dailystar.co.uk/888 site is easy to use and completely safe and secure. Here's what 10 of our own readers think of their earliest online poker experiences.



DUNCAN BROWN, IT worker, 36, DUNCAN BROWN, IT worker, 36. I work with computers all the time and I look for easy-to-use, reliable software. Nothing could be simpler than navigating 888.com. You are taken through every stage of the registering process in easy to follow stages. The last Star tournament was a huge buzz and tournaments are a great way to get started. My girlfriend and I are both entering the Caribbean Adventure.



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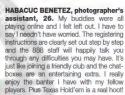
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LUCY CRAIG, housewife and artist, 32. The best thing for me was finding out I could learn to play poker for FREE without taking any risks. The tutorials were very clear and I've picked up Texas Hold'erm evry quickly and really enjoy playing online when I get back from the school run I'k nice to buy those liftle. the school run. It's nice to buy those little the school run. It's nice to buy those little extras when you have a good win and I like chatting to other women on the site. I wouldn't dream of going out to play poker socially. So this is perfect for my circumstances

circumstances





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leed help registering? Call our free hotline 0800 032 4228





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You'll find a series of tabs in the Poker Lobby. Look under the Multi-Table tab and you will see two tournaments called 'The Star Restricted'. Choose either one. They are the same but have different start times.







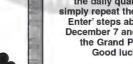
Double-click on your choice of tournament and you will enter the Tournament Lobby. Then click on Join The Tournament. You are now registered for your tournament.



You will automatically be seated at a table when the tournament begins.



The Top 20 from each tournament will win a place in the final on December 7. There are fantastic prizes up for grabs. If you make the Top 20 in any of the daily qualifiers, simply repeat the 'How To Enter' steps above on December 7 and go for the Grand Prize! Good luck!



ENHER FREE NOW AT WWW.DAILYSTAR.CO.UK/888

## GURU NICKY YOU'LL BEAT TIME

ars YOUNGER

e asked Nicky to cast her eye over a few of our favourite elebs to see whether they really are acting their age:

JENON IS SEA



## CAROL VORDERMAN 45 years old



#### SHARON **OSBOURNE** 54 years old





## JUDY **FINNEGAN** 58 years

## ACHIEVE YOUR TARGET

rly wrinkles, but eye cream can the appearance

are thought to a radicals in the r fine lines and ams containing liet rich in plant igns of ageing. So to make-up, savy foundation n sink into lines eliner can also women should wn shades of

rumpy clothes

tent-like outfits as that will age you even more. Instead, wear fitted clothes, nipped-in jackets and cinched-in waists. Fitted togs make you look streamlined, improve your posture and boost your confidence.

WEAR colour. Nicky says that guilty of hiding behind dark colours, but these only add to your age and drain the colour from your face. It doesn't have to be a bright red jumper but think about accessorising or wearing a coloured shirt with a black jacket.

UPDATE your wardrobe with accessories. This season's skinny scarves and chunky waist belts are great for livening up an

outfit as well as adding colour and

shape.

WEAR sun protection every day. Exposure to the sun and smoking are the skin's worst enemies. Nicky says: "A 20-a-day smoker in his or her 40s can have as many wrinkles as a non-smoker in their 60s."

Their 60s. On 10 Years Younger, guests can only have plastic surgery once they have quit the fags.

DRINK two litres of water a day.
Every time you have a cup of tea or coffee, have a glass of water first. The major component of skin is water so keep yours hydrated by guzzling as much of the clear stuff as you can.





MATRICK BASE

time has been more kind to some than others. nd Wendi Peters (Cilla in Coronation Street).



THEY'RE 62







## WHAT'S OUT



SUTION IS SE

TALK OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS !

**OUR** crack team of health experts

want to help you solve your problems.

They'll tackle anything from fear of flying to your most intimate sex worry.

panel on the right and see how you can contact

them now.
Here they
answer the latest batch of readers' queries... DR CHRIS STEELE Health expert

One of the UK's best known GPs, Dr Chris, 61, has been giving tips on This Morning for eight years, plus on the radio. See www.the tamilyGP.com FRANCES FURLONG Beauty

A nurse for eight years, Frances, 29, was a sister in laser retractive surgery. Now a nurse practitioner in aesthetics, she's a professional practice graduate. www.cityskinkilnic.co.uk

GARETH EDWARDS Nutrition expert

ber of the British Assoc-iation of Nutritional Therapists, Gareth, 42, has a food-based approach to health issues. www.food-for-life.co.uk

PLEASURE PROFESSOR Sex expert

for he for her appearances on Five's Trisha Show, our sexy prof, 30, is a teacher of tantric teacher of tantric sex, yoga, reiki and EFT, with clinics here and in Spain. www.pleasure-professor.com HARVEY WALDEN

A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fattles fit on Celebrity Fit Club and a US version. www.harvey walden.com

RON BRACEY Mind expert

a char-tered clinical clinical psychologist who has more than 20 years' experi-ence in both the public and private sectors. www.urban psychologist.com

MY husband and I are constantly fighting about stupid things. When I try talking to him about it, we get nowhere and he storms out. I don't want us to break up, but what else can I do, GWEN, Cardiff.

RON SAYS:
Encourage
him to
discuss
how he
feels and try
to establish what it
is that's bugging
him. The little
things are often
symbolic of bigger
issues, like who has
the power in the
relationship, who
has the last word or
who is always right.
Check this out and
you'll soon be doing
more than just kissing and making up.

To contact our experts, text DSHEALTH fol me and question to 82100 (texts cost 25p plus your norm walth, Northern & Shell Building, 10 Lower Thames Street, followed by your nat write to: Daily Star He

## Getting stuck in to veg

A I EAT a lot of takeaways, especially when I'm watching the footie. I love Chinese and Indian, so could you tell me the best things to order so I don't end up with too much of a beer belty.

SIMON, Kirklees.



GARETH SAYS:
Make sure that the ingredients they use are fresh and not tinned, so ask the curry house or Chinese when you ring up!
A lot of Indian food is with the control of the curry house or Chinese when you ring up!
A lot of Indian food is not in the curry house or Chinese when you ring up!
A lot of Indian food is not in the curry house of the curry house of the curry house of the curry house of the curry house house has made in the curry house of the curry hou

are fried in are not great.

At the Chinese, veg and beansprout stirfries can be tasty and healthy. But avoid monosodium glutamate, soy sauce and sugar in the sauces. Choose fish or seafood instead of beef, chicken, duck or lamb. If you have chicken or duck, ensure the portions are small compared to the veg. Prawns or monk fish with mange-tout or pak choi sounds good to me.



**PELVIC THRUST** 

HOW TO DO IT: Lie on your back with HOW TO DO IT: Lie on your back with your hands by your sides. Bend your knees and thrust your groin to the sky. This is basically a sit-up position, but you're thrusting your groin rather than bending forward. Hold the pose for a count of five, then repeat.

HOW IT WORKS: Besides working

HOW IT WORKS: Besides working your pelvic muscles, thrusts will strengthen the quadriceps on the front of your thighs. They're also great for hamstrings and calves. Your gluteal hip muscles and bum will also feel the benefit. Men in particular will benefit from a stronger, more controlled thrust action. The toning up of leg muscles will give you better gripping power in the sack and improved stamina should equal more repeat

equal more repeat performances.

MY husband is not very adventurous in the bedroom. But I would like to try out a few more positions than just missionary each time. Can you tell me how I can approach him about this without offending him? ling him? CATHY, Llanelli.

THE PLEASURE PROFESSOR SAYS: Tell him you have read the following tips in the Daily Star and would like to give it a go

with him. At least once a week, arrange to meet and pamper each other on alternate sessions. But stay away from the bedroom, because it is associated with sleep. Set a lovely area, with covers and cushions, and take the lead. The idea is not to have sex but

everything else goes! Prepare your props – feathers, blindfolds and sex toys

Be loving and gentle with him. Feed him fruits and ice cream, and eat them off him.

While he is blindfolded While he is blindfolded play him a song or sing. Massage him, tease him... the idea is to awaken all the senses so when you get down to it the next time he'll be full of awareness. And you too will be extra hot for it!

PEOPLE who are two stone over-weight have 5,000 extra miles of blood vessels in their body. Their hearts also pump an extra 10 beats per minute, or 14,400 times a day, or 5,256,000 every year.

I USED to be quite fit, but after a long illness, I was out of shape. I went back to the gym and went hell-for-leather like I used neu-jor-leather tike I used to, but pulled muscles and made myself sick again. Can you give me some advice on how to build up slowly so that I can get my fitness and figure back, BEVERLY, Ramsgate.

HARVEY SAYS: Beverly, let me first say, DON'T RUSH IT! You'll never be able to

go back into the gym after an illness, especially a long one, and pick up where you left off. I know it's frustrating because I too was out of the gym for a while as I got ready for a marathon. During that time, I didn't lift as much as I usually do. usually do.
There is nothing worse

than coming off a long time out and not being able to work out at the same level. But just suck it up, and know it's going to happen. The motivation is getting it all back and knowing it will come back.

Now is the time to really Now is the time to really focus on your form when performing the exercises, as well as breathing. You won't be lifting as much as you did before, but when it comes back

you'll be amazed and really impressed with the results. You tell me what's more

not tell me what's more motivating – going to the gym and pulling a muscle, or going in there and leaving after a smart workout knowing you can get in there and do it again?

You don't have to be a space shuttle scientist to figure that one out!

Just make sure you are

Just make sure you are doing a proper warm-up before your workouts because you have been off for a while, and do a proper cool-down and stretch afterwards.

## We can fix your wrinkles

I AM a 34-year-old builder and noticed my es are getting deep. My ssus is
mmenting on how
ugh my skin feels,
o. Can you
commend a skin
re cream for men to
take me look better
d feel nice again?
STEVE,
Middlesbrough Middlesbrou



FRANCES SAYS: Because you work outdoors your skin is exposed to UV damage, so wear a nign-protection sun lotion daily, with a vitamin C serum, I prefer the Skinceuticals range (call 0208 997 8541 for

itockists). If your skin is rough, I skin-peeling agent or microdermabrasion

which is safe



IN a lifetime, the average meat-eater consumes the equivalent of 760 chickens, 20 pigs, 29 sheep, five cows and half a trawler-load of fish. Oh, and about 16,000 gallons of water, too. Now that's a lot!

WALLS AND A STATE OF

NEWSPAPERDIRECT STRICTLY FORBIDDEN

## S BIANCA REVEALS THE SECRET OF HER HOT NEW LOOK



ALCOHOLDS SEE



MITTON IS 570

#### **HERE'S Bianca Gascoigne** looking berry fit!

looking berry fit!

The sexy 20-year-old looks in fine form for the Christmas party season and is guaranteed to have the feltas queueing up under the wishlates.

the fellas queueing up unuer unemistletoe.
So what sort of blokes does the lovely Ms Gascoligne go for?
And what's the best approach for chatting her up?
"I like tall, big guys with dark hair, lovely eyes and a lovely smile," says the cheeky lass.
"The best advice I can give is to just be yourself. Don't be arrogant. Don't be stuck up.

be yourself. Don't be arrogant. Don't be stuck up.
"Just be nice and approach me in the right way and that's about it - it's as simple as that."
And the gorgeous babe can't stop smiling after dropping a dress size. She reckons the secret to her say new figure is down to one thing -borries

Bianca has a major sweet tooth and used to feast on chocolate. But since

THE RESERVE OF THE PARTY OF THE

## **By LINDA HARRISON**

she swapped the sweets for blueberries she's watched the excess weight literally drop off.
"My legs are firmer and my stomach's now feeling more toned," she says with a grin. "And I've got much more energy now."

#### **Amazing**

The saucy star, who was crowned top babe in Love Island after getting fruity with sexy co-star Calum Best, 25, couldn't wait to show us her stun-

25, couldn't wait to snow us her stun-ning new curves.

"When I came off Love Island a lot of people said that I had got fatter," she reveals. "It really hurt me and dented my confidence.

"But now I think I look better. And

"But now I think I look better. And I feel so much better, too."

We thought she looked pretty amazing before and we'r eglad to see that despite all this weight loss she hasn't lost her fantastic curves. Let's

face it, most blokes probably only tuned in to Love Island to get an eye-ful of Blanca in her bikini.

"The cameras were on us all the time and sometimes I'd Just pop out unexpectedly," she says.

"It happened to all the girls. There's probably some interesting footage in an archive somewhere."

Poor Blanca reckons she was worrying about the show so much that it made her comfort eat.

And while she'd expected to be dining on tropical fish and fruit in Fiji, she ended up pigging out on plates of pasta.

Her curves even prompted bitchy telly rival Alicia Douvall, 27, to label her "one cupcake short of obesity".

"Hearing that comment really hit home and I was very disgusted with it," says Bianca. "In fact, I've still not got over it. I was devastated and it's been on my mind ever since."

Judging by our amazing pictures, we don't reckon Bianca's got too much to worry about in that department...



### ST TV GUIDE -

#### **BBC** One

6.00 Breakfast (W) (S) 69032417
9.15 Animal Park (W) (S) 3996287
10.00 Homes Under The Hammer
Cornwall, Nottingham and Kent.
(R) (W) (S) Followed by BBC News,
(W) (S) Weather. 77691
11.00 To Buy Or Not To Buy
House-hunting in Long Eaton. 1368
11.30 Bargain Hunt From Builth
Wells. (W) (S) Followed by BBC
News, (W) (S) Weather. 1444558
12.15 Cash In The Attic With Ben
Fogle. (R) (W) (S) 7299523
1.00 BBC News (W) (S) 91271
1.30 Local News (S) 73810261
1.40 Neighbours Dylan is stunned
when Elle confesses. (S) 77941287

1.30 Local News (S) /30 1/26/ 1.40 Neighbours Dylan is stunned when Elle confesses. (S) 77941287 2.05 Doctors (W) (S) 98478875 2.35 Murder, She Wrote Angela Lansbury stars. (R.S.) 2414220 3.20 BBC News, Weather; Local News (W) (S) 3784962 3.25 CBBC: Chuckle Vision (AD) (R) (W) (S) 1712271 3.40 Arthur (W) (S) 9064788 3.55 Krypto The Superdog (R) (W) (S) 5112349 4.05 SMart (R) (W) (S) 2230542 4.30 Jackanory (W) (S) 7244504 4.45 The Fairly OddParents (R) (S) 7345287 5.00 Blue Peter (W) (S) 6560981 5.25 Newstround (W) (S) 4004338 5.35 Neighbours (R) (W) (S) 4004338 6.00 BBC News (W) (S) 691

30 Local News Programmes, (W) (S) Weather 271

**BBC Two** 

7.00 CBBC: Batfink (R) (SL) (W) (S) 5285962 7.15 WITCH (R) (SL) (W) (S) 2741900 7.40 Fergus McPhail (W) (S) 4933875 8.05 Serious Desert (R) (W) (S) 5765271 **8.30** CBeebies: The Koala Brothers (W) (S) 1174894 **8.40** Underground (W) (S) 1774894 8.40 Underground Ernie (R) (W) (S) 1266184 8.55 Brum (R) (W) (S) 1266829 9.05 Balamory (AD) (R) (W) (S) Followed by Pingu, (R) 3505707 9.30 Doodle Do (R) (W) (S) 6567523 9.50 Step Inside (R) (W) (S) 7797504 10.00 Barnaby Bear (R) (W) (S) 6886981 10.15 Our Planet (R) (S) 6876504 13.30 What The Ancients DIF Fore

10.30 What The Ancients Did For US (AD) (R) (W) (S) 62813
11.30 The Daily Politics 35523
1.00 Uncharted Territory San Ignacio in Belize. (R) (W) (S) 98813
1.30 Working Lunch (S) 91146
2.00 Small Town Gardens A garden in Dartmouth. (W) 16951146
2.15 Sun, Sea And Bargain Spotting The team travel to Grottammare. (R) (W) (S) 167287
3.15 Castle In The Country John Craven presents. (W) (S) 685639
345 Flore Iff! (W) (S) 1403349 10.30 What The Ancients Did For

3.15 Castle in The Country John Craven presents. (W) (S) 685639
3.45 Flog It! (W) (S) 1403349
4.30 Ready, Steady, Cook Ainsley Harriott presents. (W) (S) 6368691
5.15 Weakest Link (W) (S) 3255813
6.00 Nature's Calendar (S) 233

30 Strictly Come Dancing - It Takes Two (W) (S) 813

Channel 4

Cubeez (R,S) 6963287 The Hoobs (AD) (R,S) 3936788 The Hoobs (AD) (R,S) 3069875 Freshly Squeezed 85610 Friends (AD) (R,S) 71417 Everybody Loves Raymond arring Ray Bomano (B S) 65987 6.10

8.00 Everybody Loves Raymond Starring Ray Romano, (R,S) 5287
8.30 Will & Grace (R,S) 64558
9.00 Frasier (R,S) 75610
9.30 Gay To Z (S) Followed by Tate Modern. (R,S) 16455
10.00 Sex, Lies And Soaps Decumentary. (R,S) 66097
10.30 Young Black Farmers Trainees on a Devonshire farm. (R,S) Followed by 3 Minute Wonder. 57981
11.30 My Crazy Life An aspiring

11.30 My Crazy Life An aspiring model reveals the cost of her attempt at fame. (R,S) Followed by National

at fame. (H.S) FORIOWED BY TRAINOISE Gallery. (R,S) 5707 12.00 News At Noon (S) 62146 12.30 Headland (S) 3327726 1.25 The King Of Queens Carrie

celebrates her birthday. (S) 11309523

1.45 Third Watch A bomb threatens

1.45 Third Watch A bomb threatens the life of a judge, (R, S) 3999349
2.35 Third Watch (R,S) 2862368
3.30 Countdown (S) 3030078
4.15 Deal Or No Deal Cash-based competition. (S) 3040165
5.00 The New Paul O'Grady
Show (S) 3368

Show (S) 3368 6.00 The Simpsons Homer worries about his marriage. (R,S) 829 6.30 Hollyoaks (S) 981

Five

6.00 Milkshake! The Save-Ums! 00 Millshake! The Save-Ums! (R,S) 57038207 6.10 Rolie Polie Olie (R,S) 2653991 6.40 Mechalvick (R,S) 2653991 6.40 Mechalvick (R,S) 75135388 6.50 Hi-5 (R) (SL) (S) 89461815 7.20 Franny's Feet (R,S) 6357417 7.35 Rupert Bear (R,S) 5905593 7.45 Make Way For Noddy (R,S) 5985875 8.00 Fifi And The Flowertots (R,S) 7579207 8.15 Peppa Pig (R,S) 9767875 8.20 Finkly Valley 2701829 8.30 Thomas & Friends (S) 4084233 8.45 Roobarb And Custard Too (R,S) 2873252 8.50 My First (R,S) 4399813 00 The Wright Stuff (S) 8515368 0.30 Trisha Goddard A marriage on

9.00 The Wright Stuff (S) 8515368
10.30 Trisha Goddard A marriage on the rocks. (S) 8857146
11.30 five news (S) 3611788
12.00 Home And Away Drew pleads his innocence. (AD) (R) (S) 7449349
12.30 BrainTeaser 25676320
11.40 FILM: Scandalous 1984 (15) Black comedy about a television news reporter's increasingly frenzied attempts to clear himself of a trumped-up murder charge. With Robert Hays. (S) 63672233
3.30 five news update 57807542
3.40 FILM: The Lookalike 1990 (PG) Drama, starring Melissas Gilbert

40 FILM: The Lookalike 1990 (PG) Drama, starring Melissa Gilbert and Diane Ladd. (S) 4525233

5.30 five news (s) 2520184
 6.00 Home And Away (s) 2527097
 6.30 In The Grid Followed by Weather. 2518349

5.30 ITV News (S) 72900 6.00 GMTV (W) (S) 8310726

5 The Jeremy Kyle Show
Talk show in which host Jeremy Kyle
invites guests to air their differences
in front of a studio audience. (W) (S)

10.30 This Morning Joe Pasquale guests, (W) (S) 36875
12.00 This Morning - I'm A Celebrity Special Live update from the Australian jungle, (S) 64504
12.30 Loose Women (W) (S) 60455
1.30 ITV News (S) 11900
2.00 The Price is Right Comedian June Pasquale hosts; (S) 2639

Joe Pasquale hosts. (S) 2639 2.30 Dickinson's Real Deal

2.30 Dickinson's Real Deal (W) (S) 30078
3.28 Local Weather (S) 3881829
3.30 CITV: Jim Jam & Sunny (W) (S) 9062320 3.40 Planet Sketch (S) 9082184 3.55 Tricky Quickies (R) (W) (S) 2867165 4.15 Bel's Boys (AD) (R) (W) (S) 8357768 4.30 lanet Sketch (S) 824

(AD) (R) (W) (S) 8357788 4.30 Jungle Run (W) (S) 894 5.00 The Price is Right (W) (S) 6691 5.30 Fm A Celebrity... Get Me Out Of Here! – Exclusive All the gossip and a preview of the Bushtucker Trial. (W) (S) 146 6.00 Local News, (S)

Weather 287



РМ

HOSPITAL: Ross Davidson. who died last month, is seen undergoing treatment 9pm

THE BRAIN

7.00 Open All Hours Miserly shopkeeper Arkwright organises a sales drive. (R,S) 4287

7.30 Real Story With Fiona Bruce The story of how bones stolen from corpses in America allegedly implanted in British hospital patients. 455

8.00 Traffic Cops The story of Carole Miller, who was driving home in Fareham when her car was rammed from behind and

smashed into a tree. (S) 7707

8.30 DIY SOS Nick Knowles and the team visit Crawley to create a kitchen diner. (W) (S) 9542

9.00 The Brain Hospital The story of former EastEnders actor Ross Davidson's battle with cancer, involving experimental light treatment to remove a brain tumour. (W) (S) 3691

**10.00 BBC News** (W) (S) *70165* **10.30 Local News,** (W) (S) **Weather** *986455* 

10.35 The National Lottery Draws With Jenni Falconer. (W) (S) 985726

10.40 Evicted Documentary about the nightmare of homelessness. (W) (S) 773233

11.40 Match Of The Day
Gary Lineker presents highlights

of tonight's midweek Premiership fixtures, as Bolton Wanderers entertain Chelsea and Manchester United go up against Everton. (W) (S) Followed by Weatherview. 737981

12.55 Sign Zone: Planet Earth (R) (SL) (W) (S) 7823301 **1.55** Sigr Zone: A Child Against All Odds (R) (SL) (W) (S) 3436504 **2.55** Sign Zone: Digging Deep (R) (SL) (W) (S) 1999769 **3.25-6.00** BBC New 24 (S) 43681382



OZ AND JAMES'S BIG WINE ADVENTURE: Oz visits an oyster farm in Montpellier,

7.00 Coast The team travel from Dublin to Derry via the Levtown Races, the only European beach race run under Jockey Club rules, and Dundrum Bay in Northern Ireland. (AD) (R) (W) (S) 2349

8.00 Bill Oddie's How To Watch Wildlife Bill Oddie

watch wildine Bill Jodele explores the grasslands of East Anglia. (AD) (R) (W) (S) 5349
8.30 Oz And James's Big Wine Adventure The pair visit an oyster farm in Montpellier. (AD) (W) (S) 7184

9.00 Torchwood Toshiko is given an alien pendant that enables her to hear other people's thoughts, but the new ability soon leads her to question he

soon leads her to question her commitment to the team. Naoko Mori stars. (AD) (W) (S) 839097
9.50 Two Pints Of Lager And A Packet Of Crisps Jonny offers to buy alcohol for teenagers. (R) (W) (S) 603417
10.20 Look Around You

The spoof educational series deals with the properties and behaviour of sulphur. (R) 752542 10.30 Newsnight Jeremy

Paxman presents a comprehensive round-up of the day's events. (W) (S) 143558

11.20 This Life Anna's erration behaviour lands her in hot water at work, but the unlikely figure of Miles proves her knight in shining armour. (R,S) 402879

12.00 This Life (R,S) 5503382 12.45 BBC News 24 (S) 2188818 2.00 BBC Learning Zone: Schools: Space Files – The Universe Unveiled (S) 8511276 5.00 Creativity In Digital Media (S) 43301



GOLDPLATED: John is confronted by Beth, who threatens to expose his part in the fire, 10pm

7.00 Channel 4 News Including sport and weather. (S) 459233

7.55 3 Minute Wonder: Turner Prize 2006 Nominated artist Mark Titchner reveals what es and inspires his work (S) 772610

8.00 10 Years Younger: Christmas Special New series. A doctor receives a makeover aimed at transforming her haggard face, caused by spending four years in the African sun. (S) 6165

9.00 The Secret Millionaire

New series. Modern-day philanthropists try to change someone's life for the better. First up is Ben Way, who where he visits Hackney, where he works undercover as a vouth worker. (S) 9829

10.00 Goldplated Beth concocts a plan to pay back John and save her son's marriage when she learns the council are expressing interest in the Avalon Basin site – but have reservations. (S) 7592900

11.05 Goldplated Beth is furious when Lauren confesses to her affair with Leo and contacts the police about the false alibi she provided for him on the night of the fire. Last in series. 472417

12.10 Hollyoaks: In The City (S) 5955382 1.15 Late Night Poker Masters (R) 280905 2.45 World Cup Skiing (R) 981564 4.35 Goallissimo 5950769 5.25-6.10 Countdown (R,S) 3720905

A KILL: Steven Seagal stars in this action adventure

7.00 five news (S) 2894233 7.15 Game Ranger Diaries

An attempt to tag white rhinos goes horribly wrong and the team find themselves having to run from a particularly angry male. Meanwhile, a zebra foal struggles to survive. (S) 6348368

8.00 Asbo Teen To Beauty

**Queen** The girls are brought to London to live together under the watchful eyes of the judges. (S) Followed by five news at 9. 5794962

9.00 FILM: Out For A Kill 2003

(15) An archaeologist vows revenge on the Chinese gangsters who murdered his wife, unaware he's being used as a pawn in a larger game. Action adventure, starring Steven Seagal and Michelle Goh. (S) 62224542

10.45 FILM: Bloodsport 1988 (18) Talented martial arts expert Jean-Claude Van Damme gets entangled with a tenacious undercover reporter as he takes part in an illegal fighting tournament, where the last man standing wins the day – and the losers frequently end up in the cemetery. High-kicking adventure, co-starring Donald Gibb. (S) 27539788

**12.35 PartyPoker Aussie Millions** 2124382 **1.25** NHL Ice
Hockey 62965295 **4.05** Boxing
Classic (P) 6961856 **5.00-6.00** A1
Grand Prix 8400063

6.30 ITV News, (S) Weather 639

CORONATION STREET: Distraught Danny heads for the viaduct with a bottle of whisky, 7.30pm

7.00 Emmerdale Fric refuses to believe David is his son and demands proof. (W) (S) 6455

7.30 Coronation Street Liam grows concerned for Danny as the distraught factory boss heads for the viaduct. Meanwhile, Norris tries to catch a vandal. (S) 523

8.00 The Bill Will gets involved in an affray outside a nightclub and finds his career is on the line – even though the incident leads to the Sun Hill team foiling a raid on a jeweller's shop. (AD) (W) (S) 8523

9.00 I'm A Celebrity... Get Me Out Of Here! Ant and Dec present the celebrity challenge, as the famous faces still in with a chance of winning pull out all the stops in the run-up to the final.

(W) (S) 3959

10.30 ITV News Including Local News and Weather, 74981

11.00 Rio Ferdinand's Wind **Ups** Practical jokes played on footballers. (R) (W) (S) 187287

**11.35 Entourage** Vince's picture appears on the cover of Variety. (S) *385962* 

**12.00 The Mint** (W) Followed by ITV News. *56195479* **4.05** The Jeremy Kyle Show (R) (SL) (W) (S) *2717586* **5.00-5.30** ITV

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN

LITTON/SE

and the National

9.25 Coronation Street Jason pursues Sarah. (AD) (W) 1363691 9.55 Emmerdale Hour-long episode. (AD) (R) (W) (S) 6944962 10.55 The Montel Williams

Show Topical debate with the chat show host. (R) 1021211
11.40 Judge Judy (R) (S) 9369962
12.00 Coronation Street (R) 60829
12.30 Emmerdale Del introduces
David to Zak. (R) (W) (S) 60542
1.30 The Jeremy Kyle Show
Talk show. (R) (W) (S) 5171788
2.35 The Jeremy Kyle Show
Talk show. (R) (W) (S) 1569981
3.40 Ricki Lake (R) 7119436
4.30 Sally Jessy Raphael
Chat show. 8898417
5.15 Airline (R) (W) (S) 558900
5.45 Judge Judy (R) (S) 3640417
7.00 The New Adventures Of
Superman (R) 21349 Show Topical debate with the

Superman (R) 2/349

Nanny 911 (W) 3/099

Nanny 911 (W) 3/099

Lire Halsey helps the families discipline their difficult offspring, but Amanda and Lee struggle with their strategies. Christine endures a testing eprounter with son, lamie

strategies. Christine endures a testing encounter with son Jamie. (R) (SL) (W) (S) 10233

10.00 Coronation Street Liam grows concerned for Danny as the distraught factory boss heads for the viaduct, and Cilla goes in to hospital for treatment. Meanwhile. Norris tries to catch a vandal. (R) (W) (S) 61558

10.30 I'm A Celebrity... Get Me Out Of Here Now! (W) 47320

11.30 I'm A Celebrity... Get Me Out Of Here: Live Uninterrupted coverage. (W) 96184

1.00 Playdate: ITV Play 1198479

4.00 Playdate: ITV Play 1198479

#### **ITV3**

5.15 ITV3 Nightscreen 2472146 6.00 Survival (R) 6481417 6.55 Peak Practice (S) 8477146 7.55 Ironside (R) 9427349 8.55 The Rockford Files 4997418 9.55 The Return Of Sherlock

Holmes (R) 2131368 11.05 Agatha Christie's Poirot 11.05 Agatha Christie's Poirot David Suchet stars. (R) 4821368
12.10 Rumpole Of The Bailey Courtroom drama. (R) 2095981
1.20 Wycliffe (R) 5772558
2.25 Ironside (R) 7271523
3.25 No Job For A Lady 2858146
4.00 The Rockford Files Guest starring Ned Beatty (R) (S) 8265981
5.05 Peak Practice (W) 2994438

5.05 Peak Practice (W) 2994436
6.10 No Job For A Lady Sitcom, starring Penelope Keith. (R) 9419349
6.40 Rumpole Of The Bailey Courtroom drama, with Leo McKern. (R) 8440233
7.50 Bramwell (R) 1518252
9.00 Heat Of The Sun Colonial crime drama starring

9.00 Heat Of The Sun
Colonial crime drama, starring
Trevor Eve. (R) 34557558

11.10 Cracker Fitz helps the
police probe a youngster's
disappearance, drawling up character
profiles of those closest to him
and suggesting hew including. and suggesting how inquiries should be conducted. Unfortunately,

should be conducted. Unfortunately, his investigation provokes a frenzy of violence. (R) 1977146

12.15 The Bill (AD) (R) (W) (S) 1633059 1.20 Chancer (R) 5779818

2.15 Peak Practice (W) (S) 2855030

3.10-5.10 Teleshopping (W) 6059932

#### ITV4

6.00 Miami Vice (R) (S) 60797097
7.00 The Saint (R) 58959271
8.00 Police, Camera, Action!
Alastair Stewart presents
another selection of real-life car
chases. (R) (S) 2095851
8.30 LAPD: Life On The Beat
Hard-aread documentary, 3433748

Hard-edged documentary. 34330748

9.00 American Gothic Merlyn finds
a way to return from the dead – but
unfortunately it involves jeopardising
the life of an unborn baby girl by
borrowing her spirit. (R) 58955455

10.00 Vincent The team take on a
pair of cases that annear to be

pair of cases that appear to be closely linked. Vincent sets a trap to

ciosely linked. Vincent sets a trap to incriminate the femme fatale at the heart of the matter – but finds himself falling for her instead. (W) 97744504

11.30 FILM: Trouble Bound
1992 (18) Drama starring
Michael Madsen. 93438252

1.15. World Poker Tour 92701214

3.15 Minimi Vinc. (B) (S) 96/64522

**3.05** Miami Vice (R) (S) *96064522* **4.00** Teleshopping *44537214* 



**CORONATION STREET: ITV1, 7.30pm** 

#### TO WATCH TODAY

NEVER the sharpest tool in the box, Les lets down his guard in tonight's CORONATION STREET (ITV1, 7.30pm), still convinced Cilla is cheating on him. "Married a year and she's already playing away," he whines to Yana, as his wife heads off on the bus. And it seems it's as much of a shock for Yana herself. "I can't believe she didn't say owt," she sighs. "We tell each other everything."
When Les continues: "I love her, she's my world," Yana parks herself on the sofa, puts a comforting arm around him (one of her own, I should stress) and insists: "She doesn't deserve you. Come here..."

Within seconds they're snogging. Within minutes they've started ripping each other's clothes off. And then – oops! – Chesney walks in.

"What's going on?" he inquires. Naturally, Les feels terrible. But ne feels a hell of a lot worse when Fiz returns and finally reveals what her mum's really up to. "She got cancer," she cries.

ELSEWHERE tonlight, Will is in deep poo in THE BILL (ITV1, 3pm). During a night out clubbing with workmates, a bloke he arrests for assault claims Will's the one who steamed in and kicked off the trouble. Further inquiries reveal that this guy is a genuine crim, but

even then it appears he's not going to let this matter drop.

THERE'S trouble of a slightly freakler nature in

THERE'S trouble of a slightly freakier nature in TORCHWOOD (BBC2, 9pm) where Toshiko takes possession of a strange piece of jewellery which gives her the power to tune in to what other people are thinking.

AND in the latest instalment of OZ AND JAMES'S BIG WINE ADVENTURE (BBC2, 8,30pm), Top Gear co-host James May is challenged to prepare a meal and find wines to match. The biggest hurdle here is that he seems p'\*'ed out of his head half the time. ms p\* time.

## **ALAN FRANK'S TELLY MOVIES**

STAR RATINGS

\*\*\*\*\*Don't miss it \*\*\*\*Good \*\*\*Average
\*\*Time filler \*Garbage!

SCANDALOUS (1984) \* Five 1.40-3.30pm. Alleged black comedy. Investigative reporter Robert Hays heads for London to cover an espionage story and becomes involved in increasingly desperate attempts to clear himself after being framed for murder. Also starring Pamela Stephenson and John Gielgud.

John Gielgud.

THE LOOKALIKE (TVM, 1990) \*\*\* Five 3.40-5.30pm. Drama. Recently bereaved Diane Ladd is pushed ever nearer towards a complete mental collapse when she starts to have a series of encounters with a girl who is the exact double of her dead daughter. Also starring Melissa Gilbert, Jason Lee and Bo Brinkman.

OUT FOR A KILL (2003) \*\*\* Five 9.0010.45pm. Action thriller. Archaeologist
Steven Seagal vows violent vengeance against
the Chinese gangsters who murdered his wife
and, unaware that he is being manipulated
behind the scenes, he starts to kill the hapless
hoods. Also starring Michelle Goh.

BLOODSPORT (1988) \*\*\* Five

BLOODSPORT (1988) \*\*\* Five 10.45pm-12.35am. Action thriller. Martial arts ace Jean-Claude Van Damme becomes involved with an undercover reporter when he takes part in an illegal fight game where anything goes and where the losers trequently end up in the cemetery. Also starring Donald Gibb and Roy Chiao.



#### **REGIONAL VARIATIONS**

BBC1 Variations WALES: 1.30-1.40 Local News; W-73810261 3.20-3.25 BBC News, Weather; Local News 271,700 lolo's Welsh Weather 3784926-3.30 Local News 271,700 lolo's Welsh 4287 7.30-8.00 Coming Home 455
BBC2 Variations Wal

7,981,0261 3.20-3.25 BBC News, Weather; Local News; Worther S784952 6.30 Local News 277.20 lot los Weish Safan 4287 7.30-8.00 Coming Home 455 BBC 2 Warlattons WALES: 11.30-1.00 Am pm 35528 ITV1 Variations ITV1 ANGLIA: 3.28-3.0 Ampia Weather 3881828 6.00-6.30 Local News 287 ITV1 CENTRAL: 3.28-3.30 Local Weather 3881829 6.00-6.30 Local News 287 ITV1 CENTRAL: 3.28-3.30 Local Weather 3881829 6.00-6.30 Local News 287 ITV1 CENTRAL: 3.28-3.30 Local Weather 3881829 6.00-6.30 Local News 287 ITV1 CENTRAL: 3.28-3.30 Fulfins Plotics: Fun with Oscar Pulfin and Harry the Hodgehog, 3881829 6.00-6.30 Local News Weather 3881829 6.00-6.30 Local News 287 ITV1 WALES: 3.28-3.30 ITV Weather 3881829 6.00-6.30 Local News 287 ITV1 WALES: 3.28-3.30 ITV Weather 3881829 6.00-6.30 Local News 287 ITV1 WALES: 3.28-3.30 Westcountry Weather 287 ITV1 WESTCOUNTRY: 3.28-9.30 Westcountry Weather 287 ITV1 WESTCOUNTRY: 3.28-9.30 Westcountry Weather 287 ITV1 WESTCOUNTRY: 3.28-9.50 ITV Deather 3881829 6.00-6.30 Local News 287 ITV1 WESTCOUNTRY: 3.28-9.50 ITV Deather 3881829 6.00-6.30 Local News 287 ITV1 WESTCOUNTRY: 3.28-9.50 ITV1 Deather 3881829 6.00-6.30 Local News 287 ITV1 WESTCOUNTRY: 3.28-9.50 ITV1 Deather 3881829 6.00-6.30 Local News 287 ITV1 WESTCOUNTRY: 3.28-9.50 ITV1 Deather 3881829 6.00-6.30 Local News 287 ITV1 Deather 3881829 6.00 Deather 3881829 6.00 Deather 3881829 6.00 Deather 3881829 Deathe

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#### ...ON LAST NIGHT'S T

UNDER Ronald Reagan it happened 197 times. George Bush Senior, just 16, and Bill Clinton, 21. We're not talking about lying to the American public – although that's involved – but attempts to assassinate Cuban leader, Fidel Castro.

It doesn't matter that Cuba is poverty-stricken and tiny – it's close to Miami, and it's Communist, and those two factors have been making the Americans very edgy ever since 1959.

Of all 638 WAYS TO KILL CASTRO (C4), perhaps the daftest involved an attempt to spray a TV station with LSD, so that the bearded President would freak out during a live broadcast to his people. Then again, maybe it was the booby-trapped sea-shells, placed carefully in locations where Castro, a keen diver, would be most likely to pick them up. Aside from the CIA imitating the Keystone Cops, many attempts on Castro's life were more serious, plotted by Cuban exiles, often with the aid and assistance of their American hosts

#### **Plotted**

Many of these men came from respectable middle-class backgrounds – they were engineers, architects and accountants. Many of them are comfortably retired in the States today: cuddly, silver-haired men who'd plotted coups and manufactured explosives. Unsurprisingly, this being Channel Four, there was a political agenda behind this

tongue-in-cheek documentary. It was a crude point, delivered with such a lack of subtlety that we could have been watching some left-wing students doing a stand-up routine in the early Eighties.

America has this thing going called the War on Terror – and, according to George W Bush, anyone who harbours or supports a terrorist, is a terrorist. And that means America is a terrorist, because it shelters people who've tried to kill Castro.

To most viewers, surely, this revelation that the US government has double standards was like hitting us with the shock news that Britain has unpredictable weather. Or that TV audiences are a lot brighter than TV producers imagine.

#### **FILMS**

#### SKY MOVIES 1

6.00am In The Line Of Duty: Smoke Jumpers (1996) (PG) Drama, starring Adam Baldwin. 68032146 7.40 The 12 Dogs Of Christmas (2005) (PG) Festive family drama,

starring John Billingsley. 54220707 9.30 Almost Salinas (2001) (PG) Acclaimed drama. 13901455 11.10 The Red Sneakers (2001)

(PG) Sporting comedy, starring Dem Pappion. 48908225 rappion. 48908225 1.05pm A Good Woman (2004)

re. Comedy starring H (PG) Premiere. Co..... Hunt. 29174436 2.45 The 12 Dogs Of Christmas (2005) (PG) Festive family drama, 15039707

starring John Billingsley. 15239707 4.35 Almost Salinas (2001) (PG) Acclaimed drama. 32183223 6.15 In The Line Of Duty: Smoke Jumpers (1996) (PG) Drama, starrir Adam Baldwin, 38122504

Adam Baldwin, 38122504

8.00 A Good Woman (2004) (PG)
Premiere. Comedy starring Helen Hunt.

10.00 Fear (1996) (18) Thriller, starring Mark Wahlberg. 422165 11.40 Another Day In Paradise (1998) (18) True-life drama, starring

1.25am Cold Mountain (2003) (15) Period drama. 23126030 4.05-6.00 The Red Sneakers (2001) (PG) Sporting comedy. 122127

#### SKY MOVIES 2

6.40am Volcano: Fire On The Mountain (1997) (PG) Adventure

3073784 8.10 Home Team (1998) (PG) Comedy, 21740639 9.45 New York Minute (2004) (PG) Comedy. 94473349 1.20 Jingle All The Way (1996)

(PG) Comedy. 4896813 12.50pm Volcano: Fire On The Mountain (1997) (PG) Adventure.

2.25 Home Team (1998) (PG) Comedy. 130558 4.00 New York Minute (2004) (PG) Family comedy. 17727726 5.40 The Santa Clause 3 - Special Preview of the festive sequel. 750962 6.00 Jingle All The Way (1996)

(PG) Comedy, starring Arnold Schwarzenegger. 38145455 7.40 US Top 10 339894 8.00 Starsky & Hutch (2004) (15) Comedy thriller, starring Ben Stiller. 78 10.00 Stealth (2005) (12) Action

thriller, starring Jamie Foxx. 59610 12.00midnight Legionnaire (1998) (15) Adventure. 135818 1.40 Anacondas: The Hunt For The Blood Orchid (2004) (12) Thriller. 181363

3.20 Someone Is Watching (2000) (PG) Thriller. 575214 4.55 6.30 Home Team (1998) (PG) Comedy. 12745905

#### SKY CINEMA 1

7.05am I Was A Male War Bride (1949) (U) Comedy. 43799691 9.15 People Will Talk (1951) (PG) Comedy. 80052349 11.30 Popcorn 3953146 12.00ncon Monkey Business (1952) (U) Comedy. 5766078 1.55 I Was A Male War Bride (1949) (U) Comedy. 11939417 4.00 People Will Talk (1951) (PG) Cornedy drams. 59951857 (1952) (U) Screwball comedy. 64465900

Screwball comedy. 64465900 8.00 Take My Eyes (2003) (15) Spanish drama. 9300610 **10.00 The Star Maker (1994) (18)** 

Romantic drama. 3956233

12.00midnight Big Nothing - Sky Movies Special 8206092 12.30 Laws Of Gravity (1992) (18)

Drama. 9964856 2.15 The Loneliness Of The Long Distance Runner (1962) (12) Drama 4.10 6.00 Babette's Feast (1987)

Sky Box Office Digital movies can be ordered using the handset from the on-screen listings guide.

#### RADIO

Radio 1 (FM: 97.6-99.8 MHz) 7.00 The

Radio 1 (FM: 97.6-99.8 MHz) 7.00 The Chris Moyles Show. 10.00 Jo Whiley. 12.45 Newsbeat. 1.00 Edith Bowman. 4.00 JK And Joel. 7.00 Zane Lowe. 9.00 Jo Whiley's In Live Music We Trust. 10.00 Colin Murray. 12.00 Huw Stephens. 2.00 Gilles Peterson. 4.00-7.00 Nihal. Radio 2 (FM: 88-90.2 MHz) 6.00 Alex Lester: The Dawn Patrol. 7.30 Wogan. 9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright in The Atternoon. 5.00 Chris Evans. 7.00 Niok Barraclough. 8.00 Mike Harding. 9.00 Peace, Love And Soul – Thirty-Five Years Of Soul Train. 10.00 You Send Me – The Sam Cooke Story. 10.30 The Mark Radcliffe Show. 12.00 Jaine Long. 3.00 Mark Goodier. Radio 5 Live (MW: 909, 693 kHz) 5.00 Morning Reports. 5.30 Wake Up To Money. 6.00 Breakfast. 9.00 Matthew Bannister. 11.55 Prime Minister's Questions. 12.30 The Midday News. 1.00 Simon Mayo. 4.00 Drive, 7.00 Five Live Sport: Commentary on tonight's Premiership matches, including Bolton v Chelesa, Fulham v Arsenal and Manchester United v Everton. 10.00 6-0-6. 11.00 Anita Amand. 1,00 Up all Night. Virgin Radio (MW: 1215, 1197, 1242 MHz). 6.00 Christian O Connell's Breakfast Show. 10.00 Russ Williams. 10.

#### **SPORT** SKY SPORTS 1

6.00am You're On Sky Sports! 10610 7.00
WWE: Heat 26165 8.00 Football Special
77436 9.30 FA Cup Classics 18900 10.00
Aerobics Oz Syle 33707 10.30 Football Asia
80639 11.00 Football Special 53252
12.30pm Live International Cricket
South Africa v India. Coverage continues on
Sky Sports 3 623569 7.30 Soccer
Special News and results from torilohits

Special News and results from tonight's matches. 310875 10.30 Football First A chance for viewers to see a match of their own choice. 96436 **12.00midnight** Footb First 18653 **1.30** Poker Million 83721 **3.30** FA Cup Classics 55108

#### SKY SPORTS 2

6.00am Aerobics Oz Style 3439707 6.30
Shift Adventure Snowriders 1243829 7.00
Aerobics Oz Style 3047726 7.30 Shift
Adventure Snowriders 3026233 8.00 Tennis
5166707 9.30 360 Surfing 9364388 10.00
Poker Million 944504 12.20

Seniors Tour Golf Review of the European Seniors Tour, 1395207 12.15am Total Rugby 8742011 12.45 World Of Golf 7512011 1.45 Transworld Sport 7518295 2.45 European Seniors Tour Golf 7509547 3.45 European Tour Weekly 8750030

#### SKY SPORTS 3

10.00am Women's Pool 14245165 11.00
Racing News 70286320 11.30 Aerobics Oz
Style 70294349 12.00noom Sports Unlimited
4349542 1.00 World Pool League 44325962
2.00 Shift Adventure Snowriders 69370639
2.30 Tennis 75669287 4.00 World Pool
League 70200900 5.00 WWE: Bottom
Line 69373726 6.00 WWE: Afterburn
4345726 7.00 Total Rugby A round-up of
recent rugby union matches. 69374455 recent rugby union matches. 69374455
7.30 Live International Cricket South 7.30 Live International Cricket South Africa v India. Closing stages of the fourth and penultimate match. 17446287 9.00 Rallyzone The latest news from the British Rally Championship. 70206184 9.30 European Tour Weekly The latest news from the golf circuit. 44340271 10.00 Watersports World Aquatic activities from across the globe. 52430829 11.00 J League Weekly Football highlights from Japan. 70381829 11.30 FA Cup Classics A famous match from the second crund A famous match from the second round. 40020815 **12.00midnight** Squash 31409363 **1.00** Watersports World 47818547 **2.00** Ten Pin Bowling 59726382

#### SKY ONE

6.00am Taste 7.00 Pokemon 7.30 Yu-Gi-Oh! 8.00 Malcolm In The Middle 8.30 Malcolm In The Middle Middle 8.30 Malcom in The Middle 9.00 Scrubs 9.30 Scrubs 10.00 Law & Order 11.00 Cold Case 12.00noon Buffy 1.00 Angel 2.00 Cold Case 3.00 Buffy 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm In The Middle 6.30 Malcolm In The Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate 5G-1 9.00 Stargate 5G-1 9.00 Stargate 4 Maints 10.00 7.30 The Simposis 8.00 Sargate SG-1 9.00 Stargate Atlantaryan Popcorn 12.30 Stargate SG-1 1.30 Mile High 2.25 The Premiership's Greatest 3.20 Britain's Hardest 4.15 Taste 5.10-6.00 Dream Team

#### **BBC THREE**

7.00pm House Of Tiny Tearaways 8.00 Film: Catch Me II You Can (2002) (12) 10.15 Pulling 11.15 Two Pints Of Lager And A Packet Of Crisps 11.45 Two Pints Of Lager And A Packet Of Crisps 12.15am Ideal 12.45 Pulling 1.40 The Real Hustle 2.10 Real Hustle 2.40 Dog Borstal

#### BBC FOUR

7.00pm The Martians And Us 8.00
The World 8.00 Weather 8.30 Valley
Of Song 9.00 Return To Lonesome
Dove 10.30 Don't Watch That, Watch
This! 11.00 Time Shift: Parallel
Worlds – A User's Guide
12.00midnight The Martians And
Us 1.00 Valley Of Song 1.30 Don't
Watch That, Watch This! 2.00 Time
Shift: Parallel Worlds – A User's Guide
3.00 The Martians And Us

## E4

6.00am Music: Uninterrupted 7.30
Wake Up With Ben Affleck 8.30
Whatever You Want 11.00 Nothing
But Moustaches Noon E4 Music:
Uninterrupted 1.00 Freshly Squeezed
Extra 2.00 The OC 3.00 Reunion
4.00 Scrubs 4.30 Hollyoaks 5.00
Friends 5.30 Friends 6.00 The OC
7.00 Hollyoaks 7.30 Scrubs 8.00
Friends 8.30 Friends 9.00 Desperate
Houseawires 1.00 Red In The ISA Friends 9.30 Friends 9.00 Desperat Housewives 10.00 Bol In The USA 10.30 Bol In The USA 11.00 The Russell Brand Show 11.85 Funny Cuts 12.05am Goldplated 1.10 Sex And The City 1.50 No Angels 2.50 Desperate Housewives 3.30 No Angels 4.30 The OC 5.10 Switched 5.35 Switched

#### MORF4

10.30am A Place In The Sun 11.30 Countdown 12.15pm Deal Or No Deal 1.05 The New Paul O'Grady Show 2.05 Film: The Bigamist (1953) (PG) 3.40 Thirtysomething 4.40 Film: Private Hell 36 (1954) (PG) 6.05 Deal Or No Deal 7.00 A Place In The Sun 8.00 More4 News 8.30 The Daily Show With Jon Stewart 9.00 30 Days 10.00 Suspect Nation 11.05 Starkey's Last Word 11.35 The Daily Show With Jon Stewart 12.05am Thirtysomething 1.05 30 Days

#### televisionX

(SKY 903)
10.00pm Freeview 10.10 The Two
Jonnies 10.30 Eurochicks 10.40 A\*\*
Teens 11.50 Freeview 11.10 A\*\*
Teens 11.51 The Omar Show 11.30
Glamour S\*\*\* 11.45 Road Trip –
Esher Midnight Freeview 12.10
Road Trip – Esher 12.20 Amsterdam
Central 12.40 Ben Dover 1.00 Annas\*
Jaca 1.25 Twin Cheeks 1.45 C\*\*
Crazy 2.05 Action Time 2.10 Film:
The Merger 3.35 Together Forever





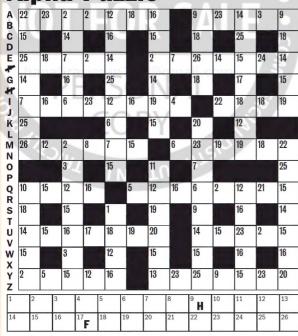




PRESS THE RED BUTTON FOR X TEXT (FX) ON A YEARS I D. . VIA INTERNET: www.televisionx.co.uk www.redbotty.co.uk \*Average per channel, per night.

WALL STREET

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Alphapuzzle" tests your logic and word power. Each grid number represents a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Solution tomorrow.

DIFFICULTY: 6/10; TARGET: 20 mins; CLUE: Upset's enough

YESTERDAY'S SOLUTION: Across: Defy, Majolica, Bazooka, Totem, Layer (clue), Emerge, Thrown, Quarry, Morose, Drain, Attic, Outlast, Expertly, Chic.

Down: Deblitty, Vane, Fuzzy, Rooftop, Borrow, Occur, Awaken,

Recoil, Outre, Update, Integer, Abash, Aims, Hypnotic,

EXTRA LETTER CLUES: 0906 751 3120 (Hear up to six

- extra letters, deduct two minutes for each clue letter heard)

   Alternatively, text DSALPHA to 86100 and we will text the six extra letter clues direct to your mobile.

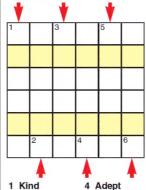
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- Texts cost £1 plus normal network operator rate.

  FULL SOLUTION: 0906 751 3121

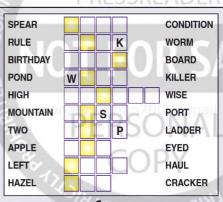


**CHAT PUZZLES ON** SALE NOW

Write the answers to the clues in the columns as directed, and the shaded rows will reveal an EastEnders actress (6,6).



- 1 Kind 2 Russian
  - 5 Imaginary currency unit 6 Response,
- 3 Risk solution





Fit ten words into the grid so each one connects up with the words on either side - eg printing press - gang. Read down the letters in the shaded squares to find out the word linked to the clue. Here's a few letters to start you off.

Clue: Self-control.

## SUDOKU

		3	4		1	2	1//	8
	2					8	5	
6	1				_			3
5	V	E	L	1	K	U	V	2
	S	C	9	1	6	I	D	
7		J	//	8	), L	1	11	9
3						Г	2	7
	9	8					4	
		4	2	1	5	3	V	$\mathbb{I}$

YESTERDAY'S SOLUTION 5 2 4 7 6 1 9 8 3 6 3 7 9 2 8 4 1 5 9 1 8 4 3 5 6 2 7

1 6 2 3 4 9 5 7 8 7 9 3 8 5 2 1 6 4 4 8 5 1 7 6 2 3 9 3 7 9 2 1 4 8 5 6 2 4 6 5 8 7 3 9 1 8 5 1 6 9 3 7 4 2

Fill the grid so that every column, row, and 3x3 square includes all the digits from 1 to 9.

LEVEL: Moderate TARGET: 24 min

Extra clues: 0906 751 3123 Today's solution: 0906 751 3124 Calls 75p/from BT lar

## YESTERDAY'S SOLUTIONS

#### DOUBLE TROUBLE



A GOOD EGG

ANSWERS IN TOMORROW'S

#### Call 0906 751 3125 for today's solution. Calls cost 75p per minute from a BT landline

- CRYPTIC CLUES
  ACROSS

  1 Put in a higher position to advertise and sell (7)
  5 Don't put in gear for the seaside! (5)
  8 The sort of hat that's tediously familiar! (3)
  9 Cover for Paul on board rickety train (9)
  10 Fit in spring's source of madness (5)
  11 Not taking a wide view on an island? (7)
  13 Jagged tear in part of eye (6)
- (6) 14 It hangs down from broken
- slates (6) 17 Dog on roster turned up as
- 17 Dog on roster turned up as museum keeper (7)
  19 This has links with a line of mountains (5)
  21 I'm on time on bend but unprepared (9)
  23 Unhappy in this admitted-ly! (3)
  24 Late changes involving ten in praise (5)

- 25 Followers unite when held

- 25 Followers unite when held by regiment (7) DOWN

  1 Religious President has debt undertakings (5)
  2 Retired teacher is a great artist (3,6)
  3 Seat of ancient empire (7)
  4 Small insect I wager is all over the place (6)
  5 Utter confusion comes to nothing with Charles around (5)
  6 Top-class learner has to suffer badly (3)
  7 Take care of one in right and left shoot (7)
  12 His cheque books are a giveaway! (3,6)
  13 Admit what fences do (7)

- up in public relations (6)

  18 Horse will run round bend to get fish (5)

  20 Push Ed and gun will explode (5)

  22 Exercises with a vegetable (3)

- QUICK CLUES
  ACROSS

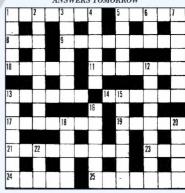
  1 To advance to a higher

- rank (7)
  5 The seaside (5)
  8 Aged (3)
  9 Waterproof cover (9)
  10 Involuntary muscle contraction (5)
  11 Detached or aloof (7)

YESTERDAY'S SOLUTION: ACROSS — 1 Tiddly-winks, 7 Cut, 9 Eccentric, 10 Knave, 11 Meets, 14 Pate, 15 Plea, 16 Ravioli, 17 Rate, 19 Link, 20 Swell, 23 Abuts, 26 Catamaran, 27 Dye, 28 Early stages. DOWN — 1 The upper hand, 2 Dock, 3 Lunge, 4 Worst, 5 Nick, 6 Scrawl, 8 The Falklands, 11 Mere, 12 Eaves, 13 Spoke, 15 Pill, 18 Toupee, 21 Witty, 22 Limit, 24 Scar, 25 Trug.

- 14 Ornamental knot of loose threads (6)
  17 Head of a museum (7)
  19 Length of metal links (5)
  21 Spontaneous, unrehearsed (9)
  22 Unhappy (3)
  24 To praise highly (5)
  25 Entourage (7)
  DOWN
  1 Religious, devout (5)
  2 Great European painter (3,6)
  3 Low upholstered seat (7)
  4 Insect often found in dahlias (6)
  5 Complete disorder (5)
  6 To afflict (3)
  7 Twining plant stem (7)
  12 Host of TV quiz show (3,6)
  13 Take delivery of letter (7)
  15 A report of some event (7)
  16 Excessively correct (6)
  18 Game fish (5)
  20 Poke with the elbow (5)
  22 Climbing plant with pods (3)

15 Story of current nobleman abroad (7)
16 Suitable stuff for tying you
18 Membrane at back of eye (6) 14 Ornamental knot of loose threads (6)
19 Two sets of clues but the answers are the same ANSWERS TOMORROW





# brats

rVE been living with my boyfriend for almost eight months and known him since January so this would be our first Christmas together.

But he insists he spends the festive season with his ex and her two children. Although he left them two summers ago he went back to his family at Christmas last year, too.

The kids aren't even The kids aren't even his. He moved in with their mother when the boy was two and the girl six months old, five years ago. So he's not even related to them! He buys them expensive presents throughout the year and always spends at least one evening a week with them.

He has even suggested they come and stay with us some weekends – but I don't want some other woman's kids here. It would be different if they were his own.

JANE SAYS: You've got to understand that this kind-hearted man sees these children as his

these children as his and he's the only dad they've ever known. If you want to have a long-term relationship with him you have got to accept that. Perhaps if you were open to the idea of them coming to your home then he wouldn't be forced to go to their house as much as he does or at family times like Christmas. It's clear he doesn't

like Christmas. It's clear he doesn't want to be with his ex or he would be, so don't worry about that. He might have left their mum, but he hasn't left the kids, so accept it and get on with making him happy.

# WANT TO SETTLE

I HONESTLY didn't mean it to happen, but I find myself going out with three gorgeous girls and they all want to move in with me.

My mates reckon I'm so lucky but I'm exhausted most of the time and I'm fed up with telling lies to them.

About 18 months ago I just had one girlfriend and we'd been going out for three months.

Then the firm where she worked moved and she had to live away during the week.

during the week.

It was a great relationship, but I needed someone else when she wasn't around because I have a very high sex drive.

#### Awful

I met a lovely girl and kept everything very light. We meet twice a week and have mind-blowing sex. Then I stupidly started to see another girl on two of the other nights.

nights.

Now the situation has become

Now the situation has become horribly complicated. My first girlfriend's job has changed and she'll be home with me all week. We don't live together, but I know she'll expect to see me all the time and has suggested we buy a house together.

The trouble is that I don't want to give up the other two girls.

Only both of them are making it

clear that they want to see more of me too.

I am in an awful mess because I really do care a great deal about all three girls and I genuinely

don't want to hurt any of them don't want to hurt any of them. My original girlfriend is going to be home from Christmas onwards and I am lying awake at night – that is the one night I am alone – trying to work out what to do.

JANE SAYS: I agree, you are in a mess to put it mildly. You have treated your original girlfriend dreadfully and have tricked the other two into thinking they are your exclusive girlfriend.

it's sweet that you don't want to hurt them

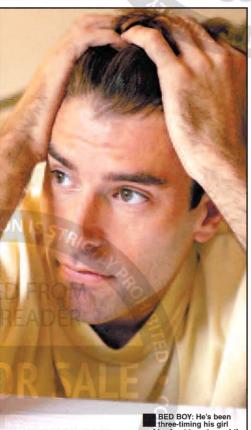
ht s sweet that you don't want to hurt them. However, you have the potential to devastate them and, even worse, ruin their lives. What on earth were you thinking about? However hard it is you have got to make it clear to all three girls that you have no intention of settling down with them. Obviously none of them is the one for you. Simply put, if any of them were the love of your life you wouldn't need the other two.

#### Perfect

Probably a mixture of all three

Probably a mixture of all three would be perfect.
Come clean with them and explain that your relationship is not exclusive. Say that you don't want to move in but do want to continue to have fun.
Don't expect them to take it well, especially not your original girlfriend. It's only fair to let them know where they stand then they can

where they stand then they can make any decision they need to make from a position of knowledge.



She is acting like a slaa MY ex has turned from

MY ex has turned from a nice quiet girl into an old slapper. We split up three months ago after four years and every time I see her she's behaving badly.

She's either snogging a bloke in some club or she's the centre of attention for a group of men in the pub. Twe even heard she's had sex with several men at the same time and they filmed it. I can't believe how low she's sunk.

One of her friends told me in secret that her friends are worrled about her and think she's only doing it so I will feel guilty for dumping her and ask her to go back with me. I still care about her as a friend, and I would like to help her.

JANE SAYS: 1 get the

JANE SAYS: I get the distinct impression that what you see and what you've heard about your ex is designed to upset you like it has done.

designed to upset you like it has done. She is acting as it she wants to shock you and she has. But she is your ex and however much you still care for her as a friend she has her own life to lead. Whether it's a ploy to upset you or just how she is now, it's none of your business. If you start speaking to her she might well tell you where to go in no uncertain terms, or ou'll be playing into her hands if she wants you back.

She's an adult and

She's an adult and doesn't need your

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Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

## Dream bloke's ithy sex trick

I'VE lusted after a fantastic bloke at work for ages and when he asked me out I was over the moon. I turned up at

when he asked me out I was over the moon. I turned up at his flat expecting to go out.

He gave me a drink and we chatted for a bit. He went to get something from his bedroom and then called me in. He was lying on his bed naked and demanded oral sex.

I was horrified and turned to run away but I heard laughter from the wardrobe and when I opened it two of our work colleagues were hiding there watching.

I'm just sog lad I didn't do what he asked because if he'd been a bit more subtle I would probably have had sex with him. Now everyone at work knows and I feel like an idiot.

JANE SAYS: You did nothing wrong, but he did and his silly trick backfired because not only did you refuse to do what he asked, but you found his two sniggering pals in the wardrobe.

This guy needs pulling down to size, but I suspect he is counting on you keeping quiet.
Hold your head high and if anyone asks you what happened tell them the truth.

43

## HE LIMES IT ROUGH Day three









## The Tree gazer who knows your future

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Aries

you an absolute fortune, call...

(Mar 21-Apr 20)

YOU may want a piece of the action, but might end up a victim if you're not careful. How did you get involved in all of this? The good news is that a personal issue will resolve itself today – and you can't believe you managed to work your magic on someone. To see why being smart could save you an absolute fortune. call.

To receive daily texts send DSARI to 85100

0906 751 5771 (01) \*

Taurus

THIS is not a day to approach those in authority or the family. There are all sorts of things you shouldn't do, but that won't stop you crashing a party. An enjoyable evening could be interrupted. You are not used to people spoiling your fun. To see why you can and should stand up for yourself, call...

To receive daily texts

send DSTAU to 85100

0906 751 5771 (02) \*

Gemini

(May 22-June 22)

YOU might have to move up a gear if you want something at home today. There is a lot goling on at work as well. Even though your plans may be wrecked, you should try and stand your ground. Your work won't be up to its usual standard but you don't have to justify your efforts. To see why good news is on the way, call...

To receive daily texts send DSGEM to 85100

0906 751 5771 (03) \*

Cancer

(June 23-July 23)

YOU need to check your finances and not make too many impulsive purchases today. It it is worth remembering that others have no idea what budgeting means. You are undervalued enough without picking losers. On another level, someone's loss is your gain. To see why it's time to sell up, call...

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0906 751 5771 (04) \*

Leo

(July 24-Aug 23)

SATURN in Leo makes a sharp angle to Mars in Scorpio, and the tension at home will be hard to stomach. Unfortunately, you may ignore the only person who cares. Of course, you are right to question their motives today. You'll be fascinated by their answers. To see why you always tell the truth when it comes to love, call...

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0906 751 5771 (05) \*

Virgo

(Aug 24-Sep 23)

YOU may find yourself shuffling back and forth and not getting anywhere fast. The because you are trying to sort your life out. Your organisational skills will be tested today. However, you are not as limited as you think. For an interesting new perspective on money, call...

To receive daily texts send DSVIR to 85100

0906 751 5771 (06) \*

(Oct 24-Nov 22)

Libra

(Sep 24-Oct 23)

YOU could become involved in a personal dispute, and need to be a bit careful about what you say. No doubt you have a guardian angel who is watching over your choices. You need to be on your guard now – plenty of people are waiting to take advantage of you. To see why you are the sole beneficiary, call...

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0906 751 5771 (07)

Scorpio

THE combination of Mercury and Mars in Scorpio can make you argumentative and difficult to get along with today. Try to refrain from discussing matters that create problems. The important thing is to let others act for themselves. That way, no one can blame you if things go wrong. To see why you are more desirable than ever, call...

To receive daily texts send DSSCO to 85100 0906 751 5771 (08) \*

Sagittarius (Nov 23-Dec 21)

YOU may be required to shift your focus and your thinking today. Even so, your ability to act decisively will desert you. This is largely because certain individuals are out of your control and not prepared to meet you hallway. Perhaps you should take a leap of faith and just go for it. To see why your persistence will pay off, call....

0906 751 5771 (09) \*

Capricorn (Dec 22-Jan 20)

DON'T make any financial commitments before checking things out first. You may be willing to take a risk, though certain promises are unlikely to be kept. What you really want is probably unrealistic. However, don't give up on a friend, even if you have serious reservations today. To see why it's time to raise the stakes, call...

To receive daily texts send DSCAP to 85100

0906 751 5771 (10)

Aquarius (Jan 21-Feb 19)

NOT a day to ask too many questions. In not a day to ask too many questions, in fact, colleagues and partners are inclined to be fairly outspoken, and you could provoke an explosion. You will probably storm off yourself today. You don't want to be rude, but you've got an appointment to keep. To see why you are at the hub of everything at the moment, call...

send DSAOU to 85100

0906 751 5771 (11)

**Pisces** 

(Feb 20-Mar 20) YOU might end up wandering off today. However, there will be a lot of calls and things to sort out and you will end up having

(XX) trings to sort out and you will end up naving to explain your absence. Just say you are taking a bring to explain your absence. Just say you are taking a break. Strangely, one of your flights of fancy could actually come off. You will be clumsy and ratty today. To see why you won't be on your own, call...

send DSPIS to 85100

0906 751 5771 (12) \*

\* When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the number in brackets next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a BT landline. Subscribe to receive Justin's daily texts for 50p per message per day eg lext DSARI to 85100. You will be sent one new message daily. This is a subscription service — it will cost you 50p per day until you text your star sign's code followed by STOP, eg DSARISTOP to 85100. For help call 0870 834 7549.









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